

Community Cares kept busy in 2020

Community Cares Coalition is a group of local citizens wanting to make suicide prevention a priority. This is an organization which is currently coordinated by St. Aloisius and Wells County District Health Unit. Along with Suicide Prevention, the Coalition has transitioned to focus on Mental Health and the opioid issue in our communities and has been very busy this past year.

The Community Cares Coalition purchased "MIND MATTERS" flags that are kelly green which is the mental health awareness color. The flags were displayed on the streets of Harvey during the month of May for MENTAL HEALTH and in September for SUICIDE PREVENTION month awareness. Thank you to our City of Harvey partners!

Grief class was not held due to Covid-19 restrictions. Also, Phil Leer, who co-lead the class with Britney Long moved to Mandan. The Central Dakota Ministerial Association is pursuing plans for this class and Community Cares will continue to support this program.

SPLASH DASH, scheduled for July 4, was canceled but a new event was born. Recognizing September as suicide prevention month, Jaci Williams and Caitlynn Arnold lead the LIGHTING the DARKNESS event. Over 80 walk/run participants lit up the 5k walk which included Centennial Park. Addiction & mental health services offered in our area were shared, a free supper sponsored by St. Aloisius Medical Center and games including a nerf obstacle course were part of this event.



Harvey Eagles manager Brandt Jenner, hands over donations to the Beth Huseh of the Community Cares Coalition and Alfred Sams for St. Aloisius Long Term Care and Acute COVID units.

Over \$3000 was raised for our local mental health awareness.

Community Cares Coalition assisted Harvey Eagles Club who sponsored a supper that raised \$1600 for the coalition.

Nicole Franklin, Community Cares Coalition member and owner of "For Goodness Sake" provided ten "Happy Kits" which included light therapy, bath salts, vitamin D3, aromatherapy roll for SAD (Seasonal Affective Disorder)

Folders with PARENTS LEAD and mental health resources will be distributed to Harvey public school students in 2021.

Although our lives have changed this year with the pandemic, there are many in our area that are

advocating for mental health awareness. St. Aloisius Medical Center and Wells County District Health Unit are leaders of the Coalition and are committed to our community.

Eagles club helps with COVID units

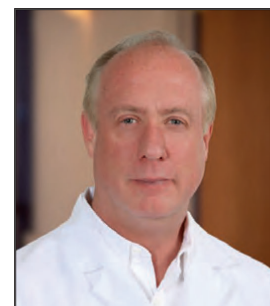
St. Aloisius Medical Center received a \$2,000 donation from the Harvey Eagles Club to help with the expense of making a special COVID-19 unit in both our Long Term Care and Acute Departments. A wonderful meal was offered at the Eagles with "drive-up" service with the proceeds earmarked for St. Aloisius. We are so grateful for a caring service organization as the Harvey Eagles. Thank you so much for your generosity and support.

Welcome Dr. Wease

Dr. Gary Wease is a board-certified general surgeon with extensive surgery experience who brings innovative techniques to the full range of surgical remedies, including minimally invasive and no-incision approaches. A graduate of Indiana University School of Medicine, where he received the Honor Award for General Surgery. Dr. Wease completed his General Surgery residency at William Beaumont Hospital in Michigan in 1997. Following his residency he began a long-term association with McLaren Regional Medical Center in Flint, MI, where he served as Director of Bariatric Surgery and Medical Director of Trauma Services. He's a Fellow of the American College of Surgeons and American Board of Surgery.

Dr. Wease offers general surgery for a wide range of conditions affecting the abdomen, digestive tract, breast, skin, endocrine systems, and endoscopic services such as EGD/colonoscopy. Dr. Wease works in collaboration with providers from St. Aloisius Clinic to provide surgical options for patients suffering from breast, colon, skin, and other cancers.

Dr. Wease performs surgeries at St. Aloisius the first Wednesday of each month then will see patients in our clinic in the afternoon that same day. Patients can call 701 324-5131 for more information regarding appointments.



Dr. Gary Wease

St. Aloisius is 'Twice Blessed'

In September 2020, St. Aloisius Medical Center received notification that they would receive a Twice Blessed Grant of \$7,500 through St. Joseph's Community Health Foundation. These funds were "ear marked" to purchase two Zoll monitor/defibrillators for the St. Aloisius Emergency Department. The current equipment should be replaced soon and is essential to quickly assess, treat, and care for our critical patients.

The "Twice Blessed" grant is awarded on a "matching" basis. In other words, matching funds would be given to St. Aloisius to match donations up to \$7,500 toward the new defibrillators. Any additional donations made over that amount would also be given to St. Aloisius. We are excited to announce that St. Aloisius Medical Center will receive \$19,541.25 from St. Joseph's Community Foundation as a result of the "Twice Blessed" grant program. That means that over \$12,000 was received

in donations from our families, friends and local community.

We truly feel blessed to be located in and be a part of the communities we serve. We thank everyone for your donations no matter how big or small. You are our family and we are committed to care for you with the "Quality Care with a personal touch" that you deserve.



Sarah Gregg receives twice Blessed Grant donation from Shelly Weppeler of St. Joseph's Community Foundation

CEO Proud Moments and Accomplishments:

2020 has been a roller coaster of a year, but together we have elevated to meet the challenge presented by an unknown virus. We transitioned our services to include added safety precautions and procedures, we followed rapidly changing laws and regulations and adapted quickly to protect our residents, patient, and employees. We adopted new methods to communicate with one another. Throughout these difficult times, I have witnessed the amazing power of positivity and kindness, as our staff has been able to keep patient and resident care the highest priority.

It's a new year and we are determined to make it a great one! Last March 2020 began a journey that has changed the way we look, literally, face-masks and all. We have continued to stay open and minister healing to those who have come to us for care.

Our employees are exceptional and rise to the needs regarding all aspects of care. They have met the guidelines required to continue in light of COVID-19, with masks, PPE and CDC re-

quirements. They have put their own concerns aside to ensure the best patient and resident care.

While many clinics closed or limited hours, the St. Aloisius Clinic has stayed open, including Saturday clinics, to meet your needs. We were able to continue offering surgeries and even recently added a new general surgeon to our surgery rotation. We continue to add to services in order to grow together and meet the needs of the communities we serve.

The Twice Blessed matching grant was a huge success with a total of \$19,541.25 donated by our families and community, which included the matching portion from St. Joseph's Community Foundation. Look for the story in this issue!

We continue to train nurses with BSC Nurse Education in Harvey. We have LPN students who are in their second semester. In the fall, we will be offering Associate Degree in Nursing (ADN) program, where students will be eligible to take the national licensure examination to become registered nurses (RNs). Our nurse in-

Alfred Sams
President/CEO



structor recently completed her master's degree making her eligible to teach at the RN level!

We have had several seasoned employees retire throughout the year who we will miss. The bright side is that we have found great people to fill the positions. We still have some vacancies to fill on our team; you can find our job listings on our website at www.stalouisius.com

I would like to say thank you to everyone for supporting St. Aloisius Medical Center and for trusting us with your healthcare needs.

I want to reiterate my sincere gratitude and appreciation to our St. Aloisius staff and to the community for what you do to help us achieve our mission to minister health to all we serve.

God bless each of you in 2021!



Sarah Gregg completes MS Degree

We want to extend our congratulations to Sarah Gregg who has completed the Master of Science in Nursing: Nurse Educator program from the University of Mary in December 2020. This advanced practice degree will allow Sarah to continue to offer both the Practical Nursing (LPN) and Associate Degree in Nursing (RN) programs locally through Bismarck State College (BSC) satellite site at St. Aloisius Medical Center.

This 19-month program was academically strenuous as Sarah balanced a full-time position with the hospital and having two small children at home. She is extremely excited to have completed this degree and looks forward to bringing the knowledge and skills gained back to her current and future nursing students.

If you are interested in joining the BSC nursing program, please reach out to Sarah Gregg at sarah.gregg@bismarckstate.edu. The next ADN program will start in Fall 2021, and the next PN program will be in Fall 2022.

Congratulations again, Sarah Gregg, RN, MSN!

Sandy Teubner Resigns as CFO

Sandy Teubner resigned her position as Chief Financial Officer (CFO) at St. Aloisius on Dec 18, 2020 after 15 years of service to St. Aloisius and the SMP Health System. She had mixed emotions as the time came closer to leaving, as she has enjoyed the people she has worked with and the work she did.

She said upon leaving, "St. Aloisius has given me several wonderful opportunities to grow in my career and network with other ministries and healthcare colleagues across ND. I have gained knowledge in my field and I will be forever grateful for the experiences I have had in Harvey. I will miss the friends I have made at work as well as those in the community – special memories I will always treasure."

After 33 years in healthcare (18 in Cando and 15 in Harvey), Bruce and Sandy will move into a new chapter in their lives, one that involves some travel and time with their family. You may still see Sandy around Harvey, you just never know when she may show up for a visit or a meeting with Harvey Kiwanis. Sandy will be missed at St. Aloisius.



Sandy Teubner, CFO with Alfred Sams, CEO, at Sandy's resignation open house.

Scrubs Camp – Dates finally set!

St. Aloisius received a grant from the Center for Rural Health to offer the Rural Collaborative Opportunities for Occupational Learning in Health (R-COOL Health) Scrubs program. This one-day event introduces students to the different healthcare career opportunities in rural communities. Originally this camp was scheduled for last spring, but St. Aloisius worked with the Harvey and Fessenden-Bowdon school to offer the make-up camp, in virtual format, for the 7th graders on January 29th. St. Aloisius already received funding to offer the Scrubs Camp to the current sixth graders in March. This fun and interactive day aims to increase awareness and interest in healthcare careers.





Heather Lematta, Alexis Rudel and Johannah Wyrick are half-way through the Practical Nursing Certificate program in Harvey, well on their way to become licensed practical nurses.

Guided by science and heart

A nurse is guided by science and by heart. The nursing profession has made great strides in technology and care since the days of Florence Nightingale. However, her teachings remain relevant in today's world. "For the sick it is important to have the best" – Florence Nightingale. We believe that's especially true with our current nursing program in Harvey.

The Bismarck State College (BSC) satellite site in Harvey has three students currently in the Practical Nursing Certificate program. Please welcome and say "hello" to Alexis Rudel, Johannah Wyrick, and Heather Lematta as they are on rotations at St. Aloisius. These students are in the second semester of a three-semester

program and will be eligible to take the national licensure examination to become licensed practical nurses (LPN). Then, starting this fall, there will be the Associate Degree in Nursing (ADN) program, where students will be eligible to take the national licensure examination to become registered nurses (RNs).

If you are interested in becoming a nurse, the next practical nursing class will start in the fall of 2022. Apply to BSC and start working on the pre-requisites now to prepare for application into the nursing program. If you have any questions, please contact Sarah Gregg at 701-324-4769 ext. 5417.



Make diabetes education your new year resolution

As 2021 begins, it's time for resolutions and for working toward reaching your health goals. Action plans are an essential part of helping you to reach your goals. More specifically, a diabetes educator can help give you the tools and mindset to succeed! Changes do not come easily for many but having a diabetes professional helps give you the information needed and explain how changes can make it easier for you.

The Diabetes Education Department is also excited to offer a new professional continuous glucose monitoring system. A continuous glucose monitor (CGM) can help individuals and health professionals determine blood glucose management patterns. CGM systems take a glucose reading every 5 minutes, which means you get 288 data points in a day! The Dexcom G6 professional CGM provides 10 days of data readings either blinded (the results will be available at the time of download) or unblinded (individuals with smartphones can see their levels in real-time). This exciting device can help give a glimpse into your daily decisions and help decide if a personal CGM is for you!

Contact Sarah Gregg at 701-324-4769 ext 5416 or sgregg@staloisius.com to set-up an appointment. Telehealth is also available!

Determining If You Have a Cold, Flu or COVID-19

Cold and flu season is here, and you're sick. How can you tell what you're sick with and if you need to see a doctor?

With the start of cold and flu season coinciding with the COVID-19 pandemic it can be confusing to determine what symptoms relate to which illness.

Colds, flu-like illnesses and COVID-19 share many symptoms. These include fever, which tends to relate more to the flu or COVID-19 and merits contacting your primary care provider.

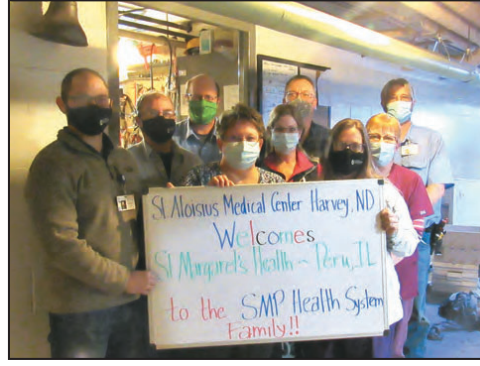
With any cold and flu-like illness, we continue to ask patients to call their health care providers first thing, so their symptoms can be

assessed, and patients can be routed to appropriate treatment and testing.

Regardless of your symptoms, you should stay home and limit contact with other people to avoid spreading the illness. Make sure to disinfect high-touch areas — such as doorknobs and countertops — and wash your hands frequently.

If you have COVID-19 symptoms or questions please call Dr. Dean at our St. Aloisius Clinic 701 324-5125. Please check with Wells County District Health Unit at 701 547-3756 if you are interested in receiving the COVID-19 vaccine.





SMPHS welcomes St. Margaret's Health

The Sisters of Mary of the Presentation Health System (SMPHS) recently acquired a healthcare facility, St. Margaret's Health, which is located in Peru, Illinois. St. Aloisius Medical Center employees joined in the fun to welcome the new hospital to our family of hospitals and nursing homes already owned by SMPHS. Welcome St. Margaret's Health!

St. Aloisius Medical Center sent greetings to St. Margaret's. From top left: Medical/Surgical floor, maintenance and purchasing, business office, SAMC Clinic, Long-term care.

Resources

We provide an extensive resource list of services available to the communities we serve. The resource list is updated at least monthly and is available on our website at www.stalouisius.com. Look under the 'Patients' tab, 'Resources' tab, and 'Other Resources.' A few excerpts of the resources are listed below.

FirstLink 2-1-1 Helpline: a free 24-hour phone number that can help you find resources in food, housing, support groups, substance use disorder services, education, health care, transportation, mental health services and more. The helpline also provides confidential listening and support. Dial 2-1-1. Their website is <https://my-firstlink.org/community-resources/>

Abuse resources

Safe Alternatives for Abused Families (SAAF) – 662-7378, 800-662-7378
Child Abuse and Neglect – 24 hour intake phone 701-649-0039
Foster County – 701-652-2221, toll free 1-888-895-8445
Eddy County – 701-947-5314, toll free 1-877-947-5314
Wells County – 701-547-3694, toll free 1-888-707-5908

Adaptive Equipment Resources

Wheels for the World (recycling wheelchairs) – Judy Siegle – 701-234-6022
Assistive Technology information line – 888-214-2780
ND Assistive – 701-258-4728
NDAD (ND Association for the Disabled) – 1-888-999-6323

Alcohol/Addiction Treatment

Treatment Centers Directory – 1-800-838-1752
Heartview Bismarck – 800-337-3160 or 222-0386
Sharehouse – Fargo – 877-294-6561
Prairie St. Johns – Fargo – 701-476-7216
Aspiring Hope Therapy – Devils Lake - Allison Hofstad, LAC – 701-662-1046
Trinity Health Addiction Services – 701-857-2480 or 1-800-862-0005
Licensed Addiction Counselor – Megan Marie Busch, LAC, LPC, LADC – Carrington, ND Phone 701-645-1032
New Hope – Minot – 701-852-3200
Hope's House – residential facility – Minot- 701-837-4989
Goodman Addiction Services – Minot – 701-852-3869
Prairie Recovery Center – Raleigh, ND – 701-597-3419

Alzheimer's Association

Beth Olson – 701-350-0131
Central Prairie Human Service Zone (formerly Wells Co Social Services)
701-547-3694

Clinics

St. Aloisius Clinic, Harvey – 701-324-5131
Central Dakota Family Practitioners, Harvey – 701-324-4856

Durable Medical Equipment

Great Plains Rehab Services – Bismarck – 800-222-4989
Lincare – Devils Lake office – 800-543-0185
Heart of America – Rugby – 776-5455, ext 2253
Sanford Healthcare Accessories – 800-876-2179
Options Resource Center – 701-324-4138 or 1-800-726-3692
KeyCare Medical – Minot – 701-839-4444
Service Drug – Harvey – 701-324-2227
Resource loan closet – Wells County District Health Unit – 701-547-3756
Wells Sheridan Aging Services – 701-324-4032

Financial

Medicaid Expansion – 855-794-7308, or call your county or online at nd.gov.onlineservices.app

Food Pantry

Central Dakota Food Pantry – Harvey 701-324-4645
Maddock Community Food Pantry – Maddock 701-438-2738

Guardianship

DKK – Jamestown – 701-763-6103, 701-763-6113
Progress – Jeff Paiment – 701-252-6994
GAPS – 701-222-6600
Catholic Charities North Dakota – 701-255-1793
Guardian Angels – 701-952-6750

Hearing Services

Professional Hearing Services – 800-735-5866, come to Harvey every other month

Home Care

CHI Health at Home – 866-753-7327
Central Prairie Human Service Zone – 701-547-3694
Home Instead – serves Wells County and other locations in central North Dakota
888-331-1023; or Christy Mindt at 701-748-9953; www.homeinstead.com